

Hollin Hall Senior Center

September 2006

1500 Shenandoah Road
Alexandria, VA 22308

Phone 703-765-4573

TTY 711

FAX 703-768-1572

www.fairfaxcounty.gov/rec

9 a.m. - 4 p.m.

Julie Ellis, Director
Elaine Thom, Assistant
Patricia Bruch, Assistant
Ann Fulkerson, Assistant



A Fairfax County, Va., publication



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.



Life is Good Here at Hollin Hall!

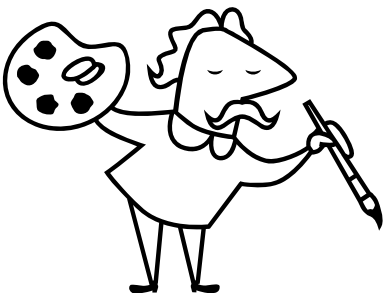
SEPTEMBER 2006

Sign Up for Special Programs on the First Floor "Sign Up Board"

Sign Up for Trips in Main Office. (RR) = Reservations Required.

| | | | |
|-------------------------------------------|-------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesdays As scheduled | 10 a.m. | | "Pass It On, Pass It Forward"- Storytelling With A Child's Place. Meet in 109 at 10:15 a.m. to be ready to read at ' <i>Child's Place</i> ' by 10:30 a.m. (RR) |
| Monday & Wednesday Tuesday & Thursdays | 9:30 a.m. 10:30 a.m. | outside | Walking Club, no experience required. Join the Walkers for fun and fitness. |
| Wednesdays | 9 a.m. | outside | Shuffleboard-Great Fun-Try it-You'll Like it! 9 a.m. Dress Comfortably (RR) |
| Wednesdays | | Room 201 | New! Conversational French with Mr. Henry James - One hour sessions Beginning//Basics 1 p.m. Advanced 2:10 p.m. |
| Sunday, September 10 | | | Grandparents Day! Pizza, Pop and Play! 3-5 p.m. (RR) |
| Monday, September 11 | 10 a.m. | Room 205 | Skin Screening and Presentation with Dr. Kaufman (RR) |
| Tuesday, September 12 | 10:30 a.m. | Room 109 | "This is Your Life, Jim White!" (RR) |
| Tuesday, September 12 | 11 a.m. | Room 218 | 'Lighthouses & Stamps Around the World' (RR) Guest Speaker, Grant Fulkerson |
| Tuesday, September 12 | 11 a.m. - 12:30 | Room 201 | Beginning Genealogy. Register with Mount Vernon Genealogical Society. 6 week session. |
| Saturday, September 16 | | | Opening Day of Senior Olympics! Hollin Hall hosts: <ul style="list-style-type: none"> 9/20, 10 a.m. Shuffleboard 9/20, 12:30 p.m. BUNCO! |

| | | | |
|--------------------------------|-------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday September 18 | 1 p.m. | Room 203 | "GOOD READS" with Starr Smith, Branch Manager of Access Service (RR) |
| Wednesday, September 20 | 9:30 a.m. | Room 216 | Mt. Vernon American Antiques Art Association – <i>Summer Finds</i> (RR) |
| Wednesday, September 20 | 11:30 a.m. | Room 112 | Pot Luck Luncheon, Hot Dogs 'n Hamburgers. Bring a Side Dish enough for 8-10 and Lunch Donation. (RR) |
| Wednesday, September 20 | 9 a.m. | | Needlework Pre Bazaar Sale, First Floor Hallway |
| Thursday, September 21 | 1 – 4 p.m. | Room 201 | Fairfax County Public Library Sponsors a Training at Hollin Hall for Volunteers interested in participating in the '<i>Ready to Read</i>' Program See flyer for detailed info. (RR) |
| Friday, September 22 | 10 a.m. | Room 201 | Poetry Appreciation with Patti (RR) |
| Monday, September 25 | 9 a.m. | Room 201 | Mature Driving, one-day class with Officer Mike Szedlock. (RR/ Fee) |
| Tuesday, September 26 | 11 a.m. | Room 217 | Opera Appreciation. (RR) |



***Watch for Evening Adult and Community Education Classes-
Coming Soon Winter 2007! Connecting for a Lifetime of Learning!***

Hollin Hall Senior Center

September 2006

Fairfax County, Community and Recreation Services

1500 Shenandoah Road, Alexandria, VA 22308

Julie Ellis, Director Elaine Thom, Assistant Patti Bruch, Assistant Ann Fulkerson, Assistant
And All of Our 120 plus Volunteers!

| | | | | | | | | FRIDAY 1 | |
|--|--|--|--|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| | | | | | | <div> <p>KEY</p> <p>* Tai Chi – This is a yearly course, sign up in March.</p> <p>** FASTRAN Trips – (RR) Pre sign-up in the Office</p> <p>*** Woodworking Shop unavailable 9:00 - Noon during Woodcarving Class</p> <p>**** Shuffleboard, Weather Permitting</p> </div> | | 9:00 Art Group 109 9:00 Billiards 102 9:00 Independent Porcelain Painters 109 9:00 Exercise w/ Laura & Judy 112 10:00 Computer Club 215 10:00 Exercise w/Gloria 112 10:00 Sudoku 218 10:00 to 2:00 FASTRAN Trip to Admiral Tilp Cruise Boat, Lunch on Your Own (RR) 112 11:00 Exercise w/Carla 103 11:00 Scrabble Group 213 Noon LUNCH 112 1:00 AARP General Meeting 217 1:00 Mah Jongg 218 1:00 Party Bridge 205 1:00 Table Tennis 102 2:00 Billiards Plus | |

| MONDAY 4 | | TUESDAY 5 | | WEDNESDAY 6 | | THURSDAY 7 | | FRIDAY 8 | |
|---------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| COUNTY HOLIDAY CENTER CLOSED | | 8:10 Intermediate Tai Chi * 112 9:00 Billiards 102 9:15 Exercise for Men w/Rina 112 9:30 Strength Training 205 10:00 Exercise w/Rina 112 10 to 2 Genealogy Library Open 214 10:00 Touch Toys 213 10:30 Piano Club 205 10:30 Walking Club Noon LUNCH 103 12:30 Quilters Club 216 1:00 Lighthouses of the 112 1:00 Chicago Bridge 218 1:00 Mah Jongg 217 1:00 Table Tennis 205 1:00 Tat, Smock, Crochet & Needlework (Kaps for Kids) 201 | | 8:10 Advanced Tai Chi * 112 9:00 Billiards 102 9:00 Exercise w/ Laura & Judy 112 9 to Noon Woodcarving *** 202 9:30 Walking Club 9:30 Shuffleboard**** 9:30 Ikebana 216 10:00 Canasta 213 10:00 Exercise w/Gloria 112 10:00 V.I.P. Group 103 10:45 Low Impact Exercise 205 11:00 Exercise w/Carla 112 Noon LUNCH 103 12:30 Duplicate Bridge 217 1:00 Learn to Play Chess 203 1:00 Conversational French 201 1:00 Stroke Support 109 2:00 Parkinson's Support 216 2:00 Billiards Plus 102 2:00 Latin & Ballroom Dance 112 2:10 Advanced Conversational French 201 | | 8:10 Beginning Tai Chi * 112 9:00 Billiards 102 9:00 Beginner Bridge Lab 217 9:15 Exercise for Men w/Rina 112 9:30 Strength Training 205 10:00 Advisory Council 218 (All Welcome) 10:00 Exercise w/Rina 112 10 to 2 Genealogy Library Open 214 10:00 Model Railroad Club 213 10:30 Walking Club 11:00 Jazzercise Lite 112 Noon LUNCH 103 12:30 Pinochle 213 12:30 Line Dance 112 12:30 Duplicate Bridge 218 1:00 Chorus 205 2:00 Drama Club 112 | | 9:00 Art Group 109 9:00 Billiards 102 9:00 Indpt. Porcelain Painters 109 9:00 Exercise w/ Laura & Judy 112 10:00 Computer Tech Support 215 10:00 Exercise w/Gloria 112 10:00 to 2:00 FASTRAN Trip to GW Masonic National Memorial, Lunch at Joe 112 Theisman's Restaurant (RR) 213 11:00 Exercise w/Carla 103 11:00 Scrabble Group 217 Noon LUNCH 218 1:00 Mah Jongg 205 1:00 Party Bridge 102 1:00 Table Tennis 2:00 Billiards Plus | |

| MONDAY 11 | | TUESDAY 12 | | WEDNESDAY 13 | | THURSDAY 14 | | FRIDAY 15 | |
|---------------------------|-----|--------------------------------|-----|-------------------------------|-----|--------------------------------|-----|--------------------------------|-----|
| 9:00 Billiards | 102 | 8:10 Intermediate Tai Chi ** | 112 | 8:10 Advanced Tai Chi * | 112 | 8:10 Beginning Tai Chi ** | 112 | 9:00 Art Group | 109 |
| 9:00 Ceramics | 109 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 |
| 9:00 Exercise w/Carla | 112 | 9:15 Exercise for Men w/Rina | 112 | 9:00 Exercise w/ Laura & Judy | 112 | 9:00 Beginner Bridge Lab | 217 | 9:00 Indpt. Porcelain Painters | 109 |
| 9:30 MV Porcelain Artists | 216 | 9:30 Strength Training | 205 | 9 to Noon Woodcarving *** | 202 | 9:15 Exercise for Men w/Rina | 112 | 9:00 Exercise w/ Laura & Judy | 112 |
| 9:30 Walking Club | | 10:00 Exercise w/Rina | 112 | 9:30 Walking Club | | 9:30 Strength Training | 205 | 10:00 Computer Tech Support | 215 |
| 10:00 Sanctioned Bridge | 218 | 10 to 2 Genealogy Library Open | 214 | 9:30 MV House & Garden | 218 | 10:00 American History BASIX | 216 | 10:00 Exercise w/Gloria | 112 |
| 10:00 V.I.P. Group | 103 | 10:30 Walking Club | | 9:30 Shuffleboard**** | | 10:00 Blood Pressure | 103 | 10:00 Photo Club | 217 |
| 10:00 Jazzercise Lite | 112 | Noon LUNCH | 103 | 10:00 Canasta | 213 | 10:00 Exercise w/Rina | 112 | 10:00 Sudoku | 218 |
| 10:00 Military History | 217 | 12:30 Quilters Club | 112 | 10:00 Exercise w/Gloria | 112 | 10 to 2 Genealogy Library Open | 214 | 10:00 to 2:00 FASTRAN Trip to | |
| 10:30 Blood Pressure | 103 | 1:00 Chicago Bridge | 218 | 10:00 Genealogy – VA Rig | 214 | 10:30 Walking Club | | Landmark Plaza (RR) | 112 |
| 10:30 Piano Club | 205 | 1:00 French for Fun | 213 | 10:00 V.I.P. Group | 103 | 11:00 Jazzercise Lite | 112 | 11:00 Exercise w/Carla | 103 |
| 11:00 Low Impact Exercise | 112 | 1:00 Mah Jongg | 217 | 10:45 Low Impact Exercise | 205 | Noon LUNCH | 103 | 11:00 Scrabble Group | 213 |
| Noon LUNCH | 103 | 1:00 Table Tennis | 205 | 11:00 Exercise w/Carla | 112 | 12:30 Pinochle | 213 | Noon LUNCH | 217 |
| 12:30 Pinochle | 213 | 1:00 Tat, Smock, Crochet & | 201 | Noon LUNCH | 103 | 12:30 Line Dance | 112 | 1:00 Mah Jongg | 218 |
| 1:00 Laughter Clinic | 203 | Needlework (Kaps for Kids) | | 12:30 Duplicate Bridge | 217 | 12:30 Duplicate Bridge | 218 | 1:00 Party Bridge | 205 |
| 1:00 VIP Discussion Group | 103 | | | 12:45 BUNCO | 112 | 1:00 Backyard Birding | 216 | 1:00 Table Tennis | 216 |
| 1:00 Spanish 2 | 216 | | | 1:00 Conversational French | 201 | 1:00 Chorus | 205 | 2:00 Stamp Club | 102 |
| 2:00 Spanish, Basic | 216 | | | 2:00 Billiards Plus | 102 | 1:30 Civil War History Group | 217 | 2:00 Billiards Plus | |
| 2:00 Billiards Plus | 102 | | | 2:00 Latin & Ballroom Dance | 112 | 2:00 Drama Club | 112 | | |
| | | | | 2:10 Advanced Conversational | 201 | | | | |
| | | | | French | | | | | |
| | | | | | | | | 7:30 until 9:30 P.M. | |
| | | | | | | | | Dancing in the Dark | |
| | | | | | | | | Room 112 All | |
| | | | | | | | | Welcome | |
| | | | | | | | | \$4.00 per person | |

| MONDAY 18 | | TUESDAY 19 | | WEDNESDAY 20 | | THURSDAY 21 | | FRIDAY 22 | |
|---------------------------|-----|-------------------------------------------------------|-----|-------------------------------------|------------|--------------------------------|-----|--------------------------------|-----|
| 9:00 Billiards | 102 | 8:10 Intermediate Tai Chi * | 112 | 8:10 Advanced Tai Chi * | 112 | 8:10 Beginning Tai Chi * | 112 | 9:00 Art Group | 109 |
| 9:00 Ceramics w/Chuck | 109 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 |
| 9:00 Exercise w/Carla | 112 | 9:15 Exercise for Men w/Rina | 112 | 9:00 Exercise w/ Laura & Judy | 112 | 9:00 Beginner Bridge Lab | 217 | 9:00 Indpt. Porcelain Painters | 109 |
| 9:30 Walking Club | | 9:30 Strength Training | 205 | 9 to Noon Woodcarving *** | 202 | 9:00 HHSC Garden Club | 216 | 9:00 Exercise w/ Laura & Judy | 112 |
| 10:00 Sanctioned Bridge | 218 | 10:00 Exercise w/Rina | 112 | 9:30 Walking Club | | 9:15 Exercise for Men w/Rina | 112 | 10:00 Computer Tech Support | 218 |
| 10:00 V.I.P. Group | 103 | 10 to 12:30 Genealogy Library | 214 | 9:30 Antique Club | 216 | 9:30 Strength Training | 205 | 10:00 Poetry Appreciation | 112 |
| 10:00 Jazzercise Lite | 112 | Open | | 9:30 Shuffleboard**** | | 10:00 Exercise w/Rina | 112 | 10:00 Exercise w/Gloria | |
| 10:30 Piano Group | 205 | 10:00 Touch Toys | 213 | 10:00 Exercise w/Gloria | 112 | 10 to 2 Genealogy Library Open | 214 | 10:00 to 2:00 FASTRAN Trip to | |
| 11:00 Low Impact Exercise | 112 | 10:30 Walking Club | | 10:00 Genealogy Virginia RIG | 214 | 10:00 Model Railroad Club | 213 | Springfield Mall (RR) | 112 |
| Noon LUNCH | 103 | Noon LUNCH | 103 | 10:00 V.I.P. Group | 103 | 10:30 Walking Club | | 11:00 Exercise w/Carla | 213 |
| 12:30 Nutritionist | 103 | 12:30 Quilters Club | 216 | 10:30 Low Impact Exercise | 202 | 11:00 Jazzercise Lite | 112 | 11:00 Scrabble Group | 103 |
| 12:30 Pinochle | 217 | 12:30 Art w/ Gloria | 203 | 10:30 Exercise w/Carla | 205 | Noon LUNCH | 103 | Noon LUNCH | 217 |
| 1:00 Alexandria Memories | 217 | 1:00 Genealogy Club Meeting | 112 | 11:30 Pot Luck: Bring a Dish | 218 | 12:30 Pinochle | 213 | 1:00 Mah Jongg | 218 |
| 1:00 VIP Discussion Group | 103 | 1:00 Chicago Bridge | 218 | to Share and Lunch\$Donation | 112 | 12:30 Line Dance | 112 | 1:00 Party Bridge | 205 |
| 1:00 Spanish 2 | 216 | 1:00 French for Fun | 213 | 12:30 Duplicate Bridge | | 12:30 Duplicate Bridge | 218 | 1:00 Table Tennis | 102 |
| 1:00 Welcome Wagon w/ Kay | 203 | 1:00 Mah Jongg | 217 | 1:00 Conversational French | 201 | 1:00 Chorus | 205 | 2:00 Billiards Plus | |
| 2:00 Spanish, Basic | 216 | 1:00 Table Tennis | 205 | 1:00 Stroke Support | 217 | 2:00 Drama Club | 112 | | |
| 2:00 Billiards Plus | 102 | 1:00 Tat, Smock, Crochet & Needlework (Kaps for Kids) | 201 | 1:00 Learn to Play Chess | 109 | | | | |
| | | | | 1:15 Canasta | 213 | | | | |
| | | | | 1:15 BINGO | 216 | | | | |
| | | | | 1:15 Movie of the Month (RR) | 218 | | | | |
| | | | | 2:00 Billiards Plus | 102 | | | | |
| | | | | 2:00 Latin & Ballroom Dance | 112 | | | | |
| | | | | 210 Advanced Conversational French | 201 | | | | |

| MONDAY 25 | | TUESDAY 26 | | WEDNESDAY 27 | | THURSDAY 28 | | FRIDAY 29 | |
|-----------------------------|-----|--------------------------------|-----|-------------------------------|-----|--------------------------------|-----|--------------------------------|-----|
| 9:00 Billiards | 102 | 8:10 Intermediate Tai Chi * | 112 | 8:10 Advanced Tai Chi * | 112 | 8:10 Beginning Tai Chi * | 112 | 9:00 Art Group | 109 |
| 9:00 Ceramics | 109 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 | 9:00 Billiards | 102 |
| 9:00 Exercise w/Carla | 112 | 9:15 Exercise for Men w/Rina | 112 | 9:00 Exercise w/ Laura & Judy | 112 | 9:00 Beginner Bridge Lab | 217 | 9:00 Indpt. Porcelain Painters | 109 |
| 9:30 Walking Club | | 9:30 Strength Training | 205 | 9 to Noon Woodcarving *** | 202 | 9:15 Exercise for Men w/Rina | 112 | 9:00 Exercise w/ Laura & Judy | 112 |
| 10:00 Sanctioned Bridge | 218 | 10:00 Exercise w/Rina | 112 | 9:30 Walking Club | | 9:30 Strength Training | 205 | 10:00 Exercise w/Gloria | 112 |
| 10:00 V.I.P. Group | 103 | 10 to 2 Genealogy Library Open | 214 | 9:30 MV House & Garden | 218 | 10:00 American History BASIX | 216 | 10:00 to 2:00 FASTRAN Trip to | |
| 10:00 Jazzercise Lite | 112 | 10:30 Walking Club | | 9:30 Shuffleboard**** | | 10:00 Exercise w/Rina | 112 | The Tea Cosy & | |
| 10:00 Military History | 217 | 11:00 Opera Appreciation | 201 | 10:00 Canasta | 213 | 10:00 Blood Pressure | 103 | The British Connection (RR) | 112 |
| 10:00 -2:00 Charter Trip to | | Noon LUNCH | 103 | 10:00 Exercise w/Gloria | 112 | 10 to 2 Genealogy Library Open | 214 | 11:00 Exercise w/Carla | 213 |
| Anderson House (RR) | | 12:30 Quilters Club | 112 | 10:00 V.I.P. Group | 103 | 10:00 MV Genealogical Society | 214 | 11:00 Scrabble Group | 103 |
| 10:30 Piano Club | 205 | 12:30 Art w/ Gloria | 203 | 10:45 Low Impact Exercise | 205 | 10:30 Walking Club | | Noon LUNCH | 217 |
| 11:00 Low Impact Exercise | 112 | 1:00 Chicago Bridge | 218 | 11:00 Exercise w/Carla | 112 | 11:00 Jazzercise Lite | 112 | 1:00 Mah Jongg | 218 |
| Noon LUNCH | 103 | 1:00 French for Fun | 213 | Noon LUNCH | 103 | Noon LUNCH | 103 | 1:00 Party Bridge | 205 |
| 12:30 Pinochle | 213 | 1:00 Mah Jongg | 217 | 12:30 Duplicate Bridge | 217 | 12:30 Pinochle | 213 | 1:00 Table Tennis | 102 |
| 1:00 VIP Discussion Group | 103 | 1:00 Table Tennis | 205 | 12:45 BUNCO | 112 | 12:30 Line Dance | 112 | 2:00 Billiards Plus | |
| 1:00 Spanish 2 | 216 | 1:00 Tat, Smock, Crochet & | 201 | 1:00 Book Discussion Group | 216 | 12:30 Duplicate Bridge | 218 | | |
| 2:00 Spanish, Basic | 216 | Needlework (Kaps for Kids) | | 1:00 Conversational French | 201 | 1:00 Chorus | 205 | | |
| 2:00 Billiards Plus | 102 | | | 2:00 Billiards Plus | 102 | 2:00 Drama Club | | | |
| | | | | 2:00 Latin & Ballroom Dance | 112 | | | | |
| | | | | 2:10 Advanced Conversational | 201 | | | | |
| | | | | French | | | | | |



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